

Youth Aquatics

FUN 'N' FIT SWIM CONDITIONING

Where getting fit is fun! This is an introductory program, for ages 5-17 years, leading to potentially joining a swim team. Class is Monday through Thursday and features:

- Everybody Wins Philosophy
- Focus on FUN
- Emphasis on the four competitive strokes
- Individual recognition for all participants
- No USA Swimming Registration is required
- Must be able to swim one length (25 yards) free-style, one length (25 yards) back-stroke, and 15 yards breast-stroke
- No swim meet requirements

Instructor: Morgan Hill Aquatics Center staff

Location: Morgan Hill Aquatics Center

See Group Lesson Grid for times and dates

Residents: \$40/ CRC Member \$35

Non-Residents: \$45/ CRC Member \$40

AQUA TOTS

Just for the young ones!!!! Experience the Aquatics Center when it is a little quieter in our Recreation Pool. This program is just for parents with their young children ages 5 and under. The Aquatics Center will provide the toys, you provide the fun! The play structure will be on and the slides will be off allowing for participants to use the entire pool for their enjoyment. Fee includes one adult and two children.

Instructor: Morgan Hill Aquatics Center staff

Location: Morgan Hill Aquatics Center

Activity#	Date	Day	Time	Age	Sessions
4591.201	6/18-8/6	F	10-11am	5yrs & under	8

Resident: \$88/ CRC Member: \$83

Non resident: \$93/ CRC Member: \$88

Morgan Hill Splash

Aquatics Programspg 10

Recreation Swim Team, Water Polo Club, Splash Ball

Swim Lessonspg 11-14

Youth Fitness

YOUTH STRENGTH TRAINING

FREE
w/ CRC
Mem.

If you are between 9 and 15 years old, these one-on-one training sessions are designed to help you achieve your health and fitness goals. The Youth Strength Training program has three different phases each consisting of 2 one hour training sessions. Each phase is designed to cover different topics such as stretching techniques, proper nutrition, introduction to our Fitlinxx system, cardio machines, strength machines, and some free weights. Each phase will need to be completed in consecutive order.

Phase 1: Introduction and cardio equipment

Phase 2: Strive Strength Equipment

Phase 3: Free Weights

Instructor: CRC Fitness Staff

Location: Centennial Recreation Center, Fitness Center

CRC Member: Free

Sessions should be scheduled directly with Fitness Staff.

FREE
w/ CRC
Mem.

MINI ME FITNESS

This program incorporates cardio-respiratory fitness class for children 3-6 years old. We will be encouraging, motivating and engaging in all forms of fitness activities that will keep their feet moving and hearts beatin' to the beat. Exercise isn't just for the parents; it's also for mini me's! We'll emphasize motor learning movements, group activities, obstacle courses and some fun ways to make exercise exciting and a life-long attainment.

Instructor: CRC Fitness Staff

Location: Centennial Recreation Center, Gymnasium

Activity#	Date	Day	Time	Age	Sessions
4650.201	5/3-5/26	M/W	3pm-3:45pm	3-6yrs	8
4650.202	6/7-6/30	M/W	3pm-3:45pm	3-6yrs	8
4650.203	7/5-7/28	M/W	3pm-3:45pm	3-6yrs	8
4650.204	8/2-8/25	M/W	3pm-3:45pm	3-6yrs	8

Residents: \$50 / CRC Member: FREE

Non-Resident: \$60 / CRC Member: FREE

YOUTH FITNESS

FREE
w/ CRC
Mem.

This youth fitness class will emphasize exercise, activities, and sports. Basketball, indoor soccer, shuttle run, tag, calisthenics, and other group games will all be incorporated. Classes fill up fast so please register in advance!

Instructor: CRC Fitness Staff

Location: Centennial Recreation Center, Gymnasium

Activity#	Date	Day	Time	Age	Sessions
4650.205	5/3-5/26	M/W	4pm-4:45pm	7-10yrs	8
4650.206	6/7-6/30	M/W	4pm-4:45pm	7-10yrs	8
4650.207	7/5-7/28	M/W	4pm-4:45pm	7-10yrs	8
4650.208	8/2-8/25	M/W	4pm-4:45pm	7-10yrs	8

Residents: \$60 / CRC Member: FREE

Non-Resident: \$70 / CRC Member: FREE

YOUTH "STRIVE" TO GET FIT CIRCUIT TRAINING

FREE
w/ CRC
Mem.

We're excited to offer a new line of equipment designed primarily for youth. Join us for an all inclusive circuit training class to help our youth/teens learn proper resistance training techniques, posture, increase self-confidence, self-esteem, strength-conditioning and foremost establish relationships amongst their peers and our staff. (Prerequisites-Must have completed YST Certifications Level 1 & 2)

Instructor: Fitness Staff

Location: Centennial Recreation Center, Fitness Center

Activity#	Date	Day	Time	Age	Sessions
2700.201	6/8-6/29	T	4:30pm-5:15pm	9yrs+	4
2700.202	7/6-7/27	T	4:30pm-5:15pm	9yrs+	4
2700.203	8/3-8/24	T	4:30pm-5:15pm	9yrs+	4

Residents: \$40 / CRC Member: FREE

Non-Resident: \$45 / CRC Member: FREE